

Target-Mins® are made with specific free-form amino acids and uses a calcium: phosphorus and calcium: magnesium ratio of 2:1 to support calcium utilization.* Supports body availability of calcium.* Zinc also supports immune health.*

Adequate calcium and Vitamin D as part of a healthful diet, along with exercise, may reduce the risk of osteoporosis later in life.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

YES NON-GMO VERIFIED BY TRUE NORTH

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG

YES CERTIFIED VEGAN BY THE AVA

YES RECYCLABLE PACKAGING

YES MANUFACTURING SUPPORTS

WIND POWER

YES KOSHER

This product has been manufactured at a GMP Registered facility.

Δ Per serving

Lot No:

Best by:

01121



Dietary
Supplement

180 Tablets

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

ESTABLISHED
— 1971 —

Country
Life

• TARGET-MINS® •

CALCIUM MAGNESIUM ZINC

with Vitamin D

1,000 mg : 500 mg : 25 mg ^Δ

Certified Gluten-Free

Supports bone and
immune health*



Directions: Adults take three (3) tablets daily. For best utilization, take with food. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 3 tablets

Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin D (as ergocalciferol)	5 mcg (200 I.U.)	25%
Calcium (as calcium hydroxyapatite, calcium citrate, calcium aspartate, calcium <i>alpha</i> -ketoglutarate)†	1,000 mg	77%
Phosphorus (as calcium hydroxyapatite)†	500 mg	40%
Magnesium (as magnesium oxide, magnesium aspartate, magnesium citrate, magnesium taurinate, magnesium <i>alpha</i> -ketoglutarate)†	500 mg	119%
Zinc (as zinc citrate, zinc histidinate, zinc picolinate, zinc bisglycinate, zinc aspartate)†	25 mg	227%

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, silica, vegetable glaze. † Country Life always labels minerals in elemental weight. **CAUTION:** If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur. **Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.**

Manufactured by Country Life, LLC
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CountryLifeVitamins.com
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